Module 1 – Cut Calories Without Feeling Deprived – Quiz

1. Foods high in _____ curb your appetite better than fats or carbohydrates.

    A. Sugar

    B. Protein

    C. Salt

    D. Trans fats

2. Which strategies are good ways to stay full, while still cutting calories?

    A. Schedule meals and snacks throughout the day.

    B. Gorge yourself as much as possible during meals, so it will last.

    C. Choose foods that are high in fiber.

    D. A & C

3. Which foods should you absolutely prohibit while cutting calories?

    A. Cheesecake

    B. Pizza

    C. Both A & B

    D. Neither one

4. Giving yourself rewards throughout your weight loss journey can strengthen your motivation.

A. True

B. False

5. Where in the grocery store can you find the most nutritious low-calorie foods?

A. On Aisle 5

B. Around the perimeter of the store

C. On the diet foods aisle

D. Right in the middle

6. What will happen if you take a break from your diet?

A. You'll be cheating and have to start all over.

B. A break can be beneficial, motivating, and make your diet more successful.

C. Your metabolism will slow down too much to get back on track.

D. All your hair will fall out.

7. Which strategy or strategies can help you stick to regular mealtimes?

A. Starting with breakfast

B. Having family dinners

C. Mastering quick recipes

D. All of the above

8. Putting your fork down in between bites helps you cut calories.

A. True

B. False

9. Which strategy does not help you control portions?

   A. Fixing your plate and taking it to the table
   B. Using smaller plates
   C. Eating out of the bag
   D. Starting dinner with soup or salad

10. We often confuse hunger with thirst, so staying hydrated will curb your cravings for junk food.

   A. True
   B. False
   C. Only the first part is true
   D. Only the second part is true

Answer Key

1. B
2. D
3. D
4. A
5. B

6. B

7. D

8. A

9. C

10. A